

SEPTEMBER 2004

SHREWSBURY MIDDLE SCHOOLS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Breakfast Price \$1.25 Reduced Price \$.30 Lunch Price \$2.25/ Reduced Price \$.40 (includes Milk or Juice) A Salad Bar, Assorted Sandwiches And An Assortment Of Fruits, Vegetables, Breads, Milk And 100 % Juices Are Offered Daily With Lunch Milk 10 oz \$.50 Juice A-La- Carte \$.40 Bottled Water A-La-Carte \$.60 ***Vegetarian Offerings***		1 Hamburger , Cheeseburger or *Garden Burger served with Smiley Fries and Green Beans Chicken Patty Sandwich served with Smiley Fries and Raw Vegetables with Low Fat Ranch Dip	2 Chicken Nuggets served with Baked Potato and Fresh Broccoli * Grilled Cheese Sandwich served with Fresh Broccoli	3 *SAL'S Pizza served with Tossed Salad and Fresh Cantaloupe Buffalo Chicken Patty served with Tossed Salad and Fresh Cantaloupe
6 Labor day No School	7 Ziti with Meat or* Marinara Sauce served with Green Beans Chicken Patty served with Macaroni Salad and Chilled Pineapple	8 *Taco(Meat or Vegetarian) served with Mexican Rice, Corn Bread and Toppings Chicken Patty Sandwich served with Celery Sticks and Low Fat Blue Cheese Dressing	9 Popcorn Chicken served with Corn and Mashed Potato *Grilled Cheese Sandwich served with Corn and Grapes	10 *Sal's Pizza served with Garden Salad Buffalo Chicken Sandwich served with Carrot Sticks and Low Fat Ranch Dressing
13 Waffle Bar *Domino Pizza served with Salad	14 Rotini with Meat or* Marinara Sauce served with Garden Salad and a Roll Ribecue served with Pasta Salad and Mixed Fruit	15 Philly Steak Sandwich served with Spicy Fries and Green Beans *SAL'S Pizza served with Spicy Fries and Grapes	16 Rosh Hashanah No School	17 *Pizza served with Tossed Salad and Sweet Watermelon Buffalo Chicken Patty served with Tossed Salad and Sweet Watermelon
20 Meat Ball Grinder served with Fresh Broccoli *Domino Pizza served with Garden Salad	21 Spaghetti with Meat or* Marinara Sauce served with Tossed Salad and Italian Bread Chicken Patty served with Tossed Salad and Orange Quarters	22 Hamburger , Cheeseburger or *Garden Burger served with Smiley Fries and Vegetables and Dip * SAL'S Pizza served with Smiley Fries and Raw Vegetables with Ranch Dip	23 Chicken Fajitas served with Spicy Rice and Toppings Grilled Cheese Sandwich served with Macaroni Salad and a Fresh Peach	24 Hot Dog served with Baked Beans and Coleslaw Buffalo Chicken Patty served with Coleslaw
27 *Nachos(Meat or Vegetarian served with Mexican Rice, Corn Bread and Toppings *Domino Pizza served with Salad	28 Rotini with Meat or* Marinara Sauce served with Garden Salad and a Roll Ribecue served with Pasta Salad	29 Hamburger , Cheeseburger or *Garden Burger served with Smiley Fries and Green Beans * SAL'S Pizza served with Smiley Fries and Raw vegetables with Ranch Dip	30 Baked Chicken served with Baked Potato and Buttered Carrots * Grilled Cheese Sandwich served with Tossed Salad	31 *Pizza served with Tossed Salad and Fresh Fruit Cup Buffalo Chicken Patty served with Tossed Salad and Fresh Fruit Cup